



### **-A Note about our Menus-**

All meals and desserts are prepared freshly on site daily by our Nursery Chefs. The menus are changed according to the seasons. Unless otherwise specified, all meals are served with fresh seasonal vegetables.

Water stations are available to the children at all times.

We provide a balance of hot and cold teas throughout the week and this is designed with the seasons in mind. It is advised that children should eat a small snack with parents after leaving nursery at 6pm to keep blood sugar levels regulated during the night.

All meals shown are our standard menu. On a daily basis we also cook vegetarian, gluten free, dairy free and soya free alternatives according to the medically certified allergies, intolerances and cultural guidelines of our children. If your child has any medically supported dietary requirements, please alert us to them during your settling in sessions.

We have a strict **No Nut Policy** within the setting and also refrain from using celery, sesame, crustaceans, mustard or molluscs as these are recognised as allergens.

We have coded our menu so that parents can quickly see any meals that contain potential allergens for your child.

**(W/G)- Wheat and Gluten (D)- Dairy (E)- Eggs (F)- Fish (Gel)- Gelatine (S)- Sesame**



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals and wholemeal toast with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
<b>Starter</b>	Garlic Bread (W/G, D)		Hummus with Cucumber sticks (S)		Tortillas with a Sour Cream and Chive Dip (W/G, D)
<b>Lunch</b>	Spaghetti Bolognese (beef or vegetarian) (W/G)	Cheese and Potato Pie with Peas (D)	Roast Gammon with Roast Potatoes and Seasonal Vegetables	Chinese Style Chicken with Rice and Green Beans	Tuna Pasta Bake with Sweetcorn (W/G, D, F)
<b>Pudding</b>		Fruit Salad in Natural Fruit Juice		Fruit Bread Pudding & Cream (W/G, D, E)	
<b>Starter</b>		Cheese and Onion or Sausage Rolls (D, E)		Oatcakes and Cream Cheese (D, W/G)	
<b>Tea</b>	Chicken Fajita Wraps with Pepper Stick Selection (W/G)	Spaghetti Hoops on Wholemeal Toast (W/G)	Mackerel Pate on Wholemeal Toast with Carrot Sticks (F, W/G)	Cauliflower and Broccoli Cheese bake (D)	Homemade Soup of the Day
<b>Pudding</b>	Natural Yoghurt with Fruit (D)		Homemade Sponge and Custard (W/G, E, D)		Fruit Yoghurts (D)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals and wholemeal toast with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
<b>Starter</b>	Mini Sausage Rolls (W/G, E, D)		Sour Cream with Carrot Sticks (D)		Cheese and Herbs Savouries (E, W/G, D)
<b>Lunch</b>	Fish Pie with a Sweet Potato Topping and Mixed Vegetables (F, D)	Chilli con Carne with Rice (Beef or Soya Mince)	Tomato, Pepper and Leek Pasta Bake (W/G, D)	Cowboy Casserole (W/G)	Roast Chicken with Sage Stuffing, Potatoes and Seasonal Veg (W/G)
<b>Pudding</b>		Fruit Crumble with Cream (W/G, D)		Stewed Fruit and Custard (D)	
<b>Starter</b>		Cheese Wraps (W/G, D)		Garlic Bread (W/G, D)	
<b>Tea</b>	Egg or Tuna Mayo Sandwiches with Cucumber Sticks (E, F, W/G, D)	Homemade Soup	Pizzas with Vegetable Sticks (W/G, D)	Five Bean Pasta Salad (W/G)	Baked Beans on Wholemeal toast with Cheese cubes (W/G, D)
<b>Pudding</b>	Fruit Cocktail in Natural Juice		Natural Yoghurt with Fruit (D)		Oaty Biscuits (D)



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals and wholemeal toast with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
<b>Starter</b>	Naan Bread with mango Chutney (W/G, D)		Garlic Bread (W/G, D)		Guacamole with Vegetable sticks and Breadsticks (W/G)
<b>Lunch</b>	Lentil, Cauliflower and Sweet Potato Curry with Rice	Roast Dinner with Potatoes and seasonal Vegetables	Lasagne and Sweetcorn (W/G, D, E)	Fish cakes, with Mash Potatoes and Mixed vegetables (F, W/G, D)	Macaroni Cheese with Leeks and bacon (W/G, D)
<b>Pudding</b>		Peaches and Cream (D)		Fruit Yoghurt (D)	
<b>Starter</b>		Potato Wedges with a Tomato Salsa		Cheese and Pineapple Cubes (D)	
<b>Tea</b>	Homemade Soup With Bread and Butter (W/G, D)	BBQ Mushroom Pizzas With Cherry Tomatoes (W/G, D)	Quiche with Vegetable Sticks (W/G, E, D)	Ham and Cress or Egg and Cress Sandwiches with Cucumber Sticks (W/G, D, E)	Tuna Pitta Pockets with Carrot Sticks (W/G, F, D)
<b>Pudding</b>	Natural Yogurt with Fruit Puree (D)		Apple Sponge Cake (W/G, D, E)		Flapjack (D)



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals and wholemeal toast with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Raisins, Rice Cakes, Bread Sticks, Cream Crackers Selection of Fruit including: Banana, Pear, Orange, Melon, Apple, Plums, Kiwis, or a Vegetable Selection including: Carrot Sticks, Cucumber, Tomatoes, Peppers				
<b>Starter</b>	Breadsticks with a Dip Selection (W/G, D)		Garlic Bread (W/G, D)		Tortilla Chips with Cheese Sauce (W/G, D)
<b>Lunch</b>	Chicken and Broccoli Pasta Bake (W/G, D)	Cottage Pie with Peas and Carrots	Baked Fish in a Cheese Sauce Rice with Peas and Sweetcorn (F, D)	Roast Gammon with Roast potatoes and Mixed vegetables	Mexican Bean Hotpot
<b>Pudding</b>		Pineapple Upside Down cake (W/G, D, E)		Fruit Yoghurt (D)	
<b>Starter</b>		Melon Slices		Peppers with Guacamole (D)	
<b>Tea</b>	Ham and Chicken Sandwiches with a Vegetable Selection (D, W/G)	Quesadillas with Cherry Tomatoes (W/G, D)	Spaghetti on Wholemeal Toast (W/G, D)	Homemade Soup with Wholemeal Bread and Butter (W/G, D)	Macaroni Cheese (W/G, D)
<b>Pudding</b>	Fruit Cocktail and Ice-Cream (D)		Lemon Sponge Cake (W/G, E, D)		GingerBread (W/G, E, D)

